





# Physical Activity For Children One to Two Years



## Benefits of Physical Activity to Children

- ★ Healthy heart
- ★ Social development through play
- ★ Problem solving skills
- ★ Increased coordination and movement skills
- ★ Higher self-esteem

## Physical Activities for Children One Year to Two Years

Body Part Follow the Leader	Squeeze Me	Let's See, I'll Be..	Challenge Walk
 Move your body and encourage your child to imitate the following actions: "Bend one knee and elbow, nod your head, look high and low, wave your arms, make circles with your hips. Shake a leg, clap your hands."	 Have your child grasp, squeeze, and release cloth, yarn, foam, or crumpled paper balls, and to move the object around different body parts.	 Ask the child to imitate the action of: <ul style="list-style-type: none"> <li>• A tree swaying</li> <li>• The sun rising</li> <li>• A cat arching its back</li> <li>• A kangaroo jumping.</li> </ul>	 Have your child walk twisting pathways, up and down small inclines or hills, along wide ledges close to the ground, and up and down low steps.

## Movements to Work on With Your Child

- |          |         |           |
|----------|---------|-----------|
| Arching  | Pulling | Squeezing |
| Clapping | Pushing | Stomping  |
| Falling  | Rising  | Swaying   |
| Grabbing | Rolling | Walking   |
| Jerking  |         |           |
| Jumping  |         |           |
| Kicking  |         |           |
| Pressing |         |           |



## Sample Toys for Children One Year to Two Years

- Activity Tables
- Cymbals, Drums, Xylophones
- Plastic Bowling Set
- Large, Light Balls
- Plastic Bowling Set
- Small Doll Carriages
- Squeeze Toys
- Tot Tunnels-Crawling
- Toys Propelled by Feet, No Pedals, Four Wheels
- Wagon-Low and Open



### **References:**

Clements, Rhonda, Lee, Michael, G. H. C. Illustrations, & O'Sullivan. The Diane Lindner-Goldberg Child Institute, Parent's Guide To Physical Play. New York State Department of Social Services. July 99.

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